There is a dream world with stored experiences, insights, and learnings. Act in your dreams with courage, bravery, daring and it will come into your real life. You can learn to use the SCIO, Indigo, or Eductor to deepen your dreams to increase lucid dreaming. And it can be the most real experience you will ever have.

**LUCID DREAMING STUDY**

Induction of visual dream reports after trans-cranial direct current stimulation (tDCs) during Stage 2 sleep – JAKOBSON – 2012 – Journal of Sleep Research

Posted on September 7, 2012 by John

This is encouraging because a previous study showed minimal effect on dreaming using tDCS. In both experiments a significantly greater number of imagery reports were found on awakening after tDCs (cathodal-frontal, anodal-parietal), compared to the blank control conditions. However, in Experiment 2 the frequency of imagery reports from the tDCs (cathodal-frontal, anodal-parietal) was not significantly different from the other two tDC conditions, suggesting a non-specific effect of tDCs. Overall, it was concluded that tDCs (cathodal-frontal, anodal-parietal) increased the frequency of dream reports with visual imagery, possibly via a general arousing effect and/or recreating specific cortical neural activity involved in dreaming.
Dreams are like letters from the unconscious mind. If only they were written in the same language we use in waking reality.

Fortunately, we do have the ability to study our dreams and interpret the common dream symbols they contain.

Here is a website that offers a nice insight to a large amount of dream symbols:

http://www.unclesirbobby.org.uk/dreamessay.php
Although there is no hard-and-fast rulebook of universal definitions, the following dream meanings offer a sound starting point for most people to create their own personal dream meanings.

**Common Dream Symbols**

1. **Animals** often represent the part of your psyche that feels connected to nature and survival. Being chased by a predator suggests you’re holding back repressed emotions like fear or aggression.

2. **Babies** can symbolize a literal desire to produce offspring, or your own vulnerability or need to feel loved. They can also signify a new start.
3. **Being chased** is one of the most common dream symbols in all cultures. It means you're feeling threatened, so reflect on who's chasing you (they may be symbolic) and why they're a possible threat in real life.
4. **Clothes** make a statement about how we want people to perceive us. If your dream symbol is shabby clothing, you may feel unattractive or worn out. Changing what you wear may reflect a lifestyle change.

5. **Crosses** are interpreted subjectively depending on your religious beliefs. Some see it as symbolizing balance, death, or an end to a particular phase of life. The specific circumstances will help define them.

6. **Exams** can signify self-evaluation, with the content of the exam reflecting the part of your personality or life under inspection.

7. **Death** of a friend or loved one represents change (endings and new beginnings) and is not a psychic prediction of any kind. If you are recently bereaved, it may be an attempt to come to terms with the event.

8. **Falling** is a common dream symbol that relates to our anxieties about letting go, losing control, or somehow failing after a success.

9. **Faulty machinery** in dreams is caused by the language center being shut down while asleep, making it difficult to dial a phone, read the time, or search the internet. It can also represent performance anxiety.

10. **Food** is said to symbolize knowledge, because it nourishes the body just as information nourishes the brain. However, it could just be food.

11. **Demons** are sneaky evil entities which signify repressed emotions. You may secretly feel the need to change your behaviors for the better.

12. **Hair** has significant ties with sexuality, according to Freud. Abundant hair may symbolize virility, while cutting hair off in a dream shows a loss of libido. Hair loss may also express a literal fear of going bald.

13. **Hands** are always present in dreams but when they are tied up it may represent feelings of futility. Washing your hands may express guilt. Looking closely at your hands in a dream is a good way to become lucid.

14. **Houses** can host many common dream symbols, but the building as a whole represents your inner psyche. Each room or floor can symbolize different emotions, memories and interpretations of meaningful events.
15. **Killing** in your dreams does not make you a closet murderer; it represents your desire to "kill" part of your own personality. It can also symbolize hostility towards a particular person.

16. **Marriage** may be a literal desire to wed or a merging of the feminine and masculine parts of your psyche.

17. **Missing a flight** or any other kind of transport is another common dream, revealing frustration over missing important opportunities in life. It's most common when you're struggling to make a big decision.

18. **Money** can symbolize self-worth. If you dream of exchanging money, it may show that you're anticipating some changes in your life.

19. **Mountains** are obstacles, so to dream of successfully climbing a mountain can reveal a true feeling of achievement. Viewing a landscape from atop a mountain can symbolize a life under review without conscious prejudice.

20. **Nudity** is one of the most common dream symbols, revealing your true self to others. You may feel vulnerable and exposed to others. Showing off your nudity may suggest sexual urges or a desire for recognition.

21. **People** (other dream characters) are reflections of your own psyche, and may demonstrate specific aspects of your own personality.

22. **Radios and TVs** can symbolize communication channels between the conscious and unconscious minds. When lucid, [ask them a question](#).

23. **Roads**, aside from being literal manifestations, convey your direction in life. This may be time to question your current "life path".

24. **Schools** are common dream symbols in children and teenagers but what about dreaming of school in adulthood? It may display a need to know and understand yourself, fueled by life's own lessons.

25. **Sex** dreams can symbolize intimacy and a literal desire for sex. Or they may demonstrate the unification of unconscious emotions with conscious recognition, showing a new awareness and personal growth.

26. **Teachers**, aside from being literal manifestations of people, can represent authority figures with the power to enlighten you.

27. **Teeth** are common dream symbols. Dreaming of losing your teeth may mark a fear of getting old and being unattractive to others.

28. **Being trapped** (physically) is a common nightmare theme, reflecting your real life inability to escape or make the right choice.
29. **Vehicles** may reflect how much control you feel you have over your life - for instance is the car out of control, or is someone else driving you?
30. **Water** comes in many forms, symbolizing the unconscious mind. Calm pools of water reflect inner peace while a choppy ocean can suggest unease.
Enlightenment Training Rx

- Bladder Control Enuresis Rx
- Neurological paralysis or Spasm Rx
- Mathematical Super Learning Rx
- Superlearning – Memory storage and retrieval
- Diabetic Neuropathy
- Sport Performance Stamina Rx
- Sport Performance Focus (In the Zone) Rx
- Sport Performance Coordination Rx
- Overall Pain Management Migraine Rx
- Lose Weight Rx
- Insight Intellect Development- Janusian Rx
- Lucid Dreaming Rx
- ESP Rx
- Stimulate Creativity Rx
- Depression Rx
- Electro-Transcendental-Meditation, expand consciousness Rx
- Stimulate Brain Circulation- Stroke-Rx
- Schizophrenia Tendencies Rx
- Chronic Fatigue Hypo-Endocrine Rx

Do Lucid Dreaming for 30 min before bed as close as you can

What if this reality is a dream, and when we die we wake up?
HOW TO
LUCID DREAM

KEEP

1. A DREAM DIARY

1. When you wake up from a dream, write it down & go back to sleep.

2. Ask yourself a few times a day: could I be dreaming right now?

3. JAKE NAPS!

4. So you can do whatever you like.

5. Set up cues, such as every time you turn on a light switch; question whether you're really aware.
When Does a Dream Symbol Have Meaning?

Not every single element of your dream has an unconscious meaning. Sometimes, it's just background noise.

To identify the important symbols in your dreams, keep a dream journal. Write in the present tense as if you're re-living the dream, and underline any unusual or poignant aspects which are central to the story, or which instinctively attract your attention.

Remember, even these definitions require your interpretation - within the context of your dream, your personal psychological attachments to the symbols, and your current life circumstances.

The Senoi - Dream Tribe

Among the Senoi, a primitive tribe in the mountainous jungles of Malaysia, dream sharing is the hinge around which the rest of life revolves. According to scientists, each day begins with the members of the family, including children, sharing their dreams from the night before. Family members are asked about how they behaved in their dreams, and suggestions are given for correcting behavior and attitude in future dreams. Then the group suggests actions based on the events in the dreams.

Once the family dream-sharing is over, the village council meets and the serious dream business begins. With each dream that's reported and chatted about, the tribe's picture of itself becomes richer. Symbols are analyzed, and each council member gives his opinion. People in the tribe who agree on the meaning of a particular dream adopt it as a group project.

"The Senoi people determine most activities of daily life from the interpretations and decisions that arise out of their council discussions," writes Patricia Garfield in Creative Dreaming. The dream actions of the Senoi are carried out, in positive form, in waking life. If, for instance, one person dreams that he's hostile toward another member of the tribe, then in his waking life he goes out of his way to be amicable.
Joy's Use of the Senoi Dream Practice

In his symposium workshops, William Brugh Joy, author of Joys Way, encourages dream sharing. But since this practice isn't typical in Western culture, it can be a disturbing experience for some people. Judith Orloff, who attended one of Brugh Joy's conferences and writes about it in Second Sight, initially felt intimidated. Out of a bunch of strangers, Brugh Joy chose her to be the first person in the group to share a dream from the previous night.

The Senoi don't criticize or condemn dream actions. Instead, they suggest alternative behaviors. Any negative aspect is to be transformed. Fear is transmuted into courage. Danger is avoided, pleasure is harnessed, and a positive outcome is achieved.

Orloff couldn't recall any dreams from the night before, so she told a recent dream that had bewildered her. Brugh Joy proceeded to interpret the dream, and by the end, Orloff felt as if she'd been stripped naked. She was mortified. By the next morning, she was so angry she considered leaving the conference. She soon realized, though, that her anger meant Brugh Joy had touched a nerve and she had to take a closer look at everything he'd said. Her experience is cautionary. It's far more comfortable to share dreams with people you know and trust. On the other hand, a knowledgeable outsider such as Brugh Joy may offer a concise interpretation that you, or someone close to you, might not suggest.
Senoi Study

The British anthropologist H. D. “Pat” Noone first collected information about the Senoi culture for his doctoral thesis at Cambridge in 1939. Noone’s brother Richard and Dennis Holman wrote *In Search of the Dream People*, which was published in 1972. In the years since, certain researchers have claimed that the Senoi culture described by Noone never existed as depicted. The issue is still being debated. But as Jill Morris notes in *The Dream Workbook*, “There is no dispute over the effectiveness of the techniques themselves.”

Final Thoughts

Recognizing common dream symbols is a good way to start lucid dreaming.

For instance, if you often dream of flying, you can mentally attach this dream symbol to a reality check (a measure of self-awareness which enables you to recognize when you’re dreaming).

With practice, you’ll automatically perform a reality check while dreaming of flying - and have a lucid dream.
YOU SAY I’M A DREAMER
BUT I’M NOT THE ONLY ONE

We Dreamers Meet and Chat on the Ask and Reveal Site

https://www.facebook.com/groups/askandreveal/

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